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***Dreams***  
***The Story of Your Life***

**An Interactive Guide and Journal**

By Marilyn Powers, Ph.D.  
and Steve Viglione

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## **From Chapter Four**

### **How do you recall your dreams?**

Why we are unaware of our dreams is because we have been taught to place little value on them. We have labeled them irrelevant or unimportant. It is like discovering the love of your life. They were always alive and present, but until we fell in love, felt an attraction, or met them accidentally we were totally unaware of them. However, after meeting them, we began a conversation and we liked to hear what they had to say and we listened. Our relationship blossomed and finally we made a connection with each other. We then entered a relationship consciously to travel together and share our thoughts, feelings, images, and words, heart to heart. Now we could reveal a more intimate inner life with each other. It is equally true with recalling our dreams. The more attention we give them, the more we remember them and they become a part of our life.

We recall what has meaning for us. Our dreams help us to process wherever we are on our life journey. They assist us in processing memories that need psychological and emotional healing. They give us clues to the origin of physical illnesses and disease. They also give information on making life decisions. Dreams provide channels for processing our guilt and canceling recurring dreams or nightmares that have plagued us and caused us deep regret and despair. The goal is forming an intimate relationship with our inner life through our dreams.

## **From Chapter Five**

### **How do you interpret your dreams?**

Often in interpreting dreams, we give them a title as if we were going to a movie theater and would see it on the movie marquis. Recently Steve, our co-author, had a dream of being in Morocco. He gave the name of this dream, "The Moroccan Mirage."

Steve recalls, "I am in Morocco in a dusty desert sleeping in my vehicle overnight. I knew there were stray travelers coming through there while I slept. I had left everything outside my vehicle. I just trusted everything was going to be in the same place when I woke up. During the night, I'm aware there is a wedding I need to get back to the next day. When I awoke, my heart sank. I saw that all my things were gone. How would I ever make it back home on time to attend the wedding? I could see storm clouds on the horizon and knew I did not have much time before the rains began. They were serious storm clouds. I looked and looked around my vehicle for my possessions, to no avail. Oh my God, I thought, the bandits must have taken all of it, as I searched in panic. I waited further, looking for a sign of hope. Suddenly, a Moroccan woman with a beautiful energy and light appeared in my dream. Are you looking for your things? she asked. I said yes, I am! Do you know where they are? I asked. She said yes, I kept them all under here as she pointed to underneath the table. I looked under the table, and there was everything of mine folded neatly and in place. I was almost in disbelief. The sense of relief was incredible. I was able to thank her and collect my things, and move along before the storm approached and to get back to my destination. I felt a sense of wholeness come over me as I began my journey home."

Often a dream can help insecurities rise to the surface. As Steve shared the dream with Marilyn the next morning, they reflected on

the economic uncertainty and turbulence going on day after day in the news cycle. Steve realized he felt insecure only to have the “author of his dreams” affirm that he was safe and all was well. The Moroccan woman was a symbol of how he was being protected in a precarious situation. She had put all of his belongings under a table where he could find them and leave for home to attend the wedding that day. Steve felt empowered to move forward after we took the time to process and interpret his dream.

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## About The Authors

Dr. Marilyn Powers has her Ph.D. in psychology and religion. She studied psychology at the C.G. Jung Institute in Zurich, Switzerland and at the Gestalt Institute in Cleveland, Ohio. She is a graduate of The High School of Performing Arts and studied dance at the Juilliard School of Music. Marilyn Powers is a visionary leader, author, and speaker. In addition to *Dreams: The Story of Your Life* she is the author of *The Bridge: A Seven Stage Map to Redefine Your Life and Purpose* as well as *Words of Power: Affirmations for Loving Your Age, Work, & Life*. She is also the co-founder of The I AM Foundation, a nonprofit which gifted over one million books to children and adults worldwide.

Steve Viglione is the Founder and was the CEO of The I AM Foundation, whose mission is empowering children and adults worldwide through publishing and gifting The Love~Wisdom Series. Founded in 1998, his vision along with Marilyn led The I AM Foundation to gift and distribute over one million books around the globe. Steve and Marilyn retired from their book gifting missions at The I AM Foundation in 2014. In addition to *Dreams: The Story of Your Life* Steve is the author of *The Love~Wisdom Series*”

## **How to Contact the Authors**

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